VITAMINS

Vitamins are chemical substances present in foods in minute quantities. All the vitamins are necessary for growth, maintenance of normal structure and function and protection against disease. If the diet is varied and contains sufficient milk, whole grain cereals, eggs, meat, fruit and vegetables and if no abnormal process interferes with proper digestion and assimilation, there will be no vitamin deficiency.

FOOD SOURCES IN ORDER OF IMPORTANCE

VITAMIN A

Promotes growth. Prevents and cures night blindness and a severe eye infection. Helps to prevent colds and similar infections.

Excellent Sources

Cod liver oil
Fish liver oils (halibut)

Good Sources

Butter
Raw carrots
Cheese
Cream
Eggs
Liver
Salmon
Milk

Fair Sources

Artichokes
Asparagus
Bananas
String Beans
Broccoli
Cabbage
Cantaloupe
Chard
Clams
Yellow Corn
Kidney
Lettuce
Oysters
Peaches
Peas
Peppers
Pineapple
Potatoes
Pumpkin
Squash
Tomatoes

VITAMIN B

Prevents and cures beriberi. Promotes appetite and prevents some forms of indigestion and neuritis.

Excellent Sources

Wheat germ
Brewers Yeast

Good Sources

Whole wheat bread
Whole wheat cereal
Egg yolk
Soy beans
Lentils
Dried peas
Unpolished rice

Fair Sources

Asparagus
Raw Cabbage
Carrots
Lettuce
Liver and Heart
Spinach
Tomatoes
Peanuts
Whole Maize

VITAMIN C

Assists in development of healthy gums and teeth. Prevents and cures scurvy. Helps integrity of blood vessels.

Excellent Sources

Orange juice
Grapefruit juice
Lemon juice
Tomatoes
Raw cabbage
Asparagus
Green peas
Green peppers
Spinach
Water Cress

Good Sources

Apples
Bananas
Blackberries
Cantaloupes
Cerely
Cucumbers
Cauliflower
Carrots
Currants
Onions
Peaches
Sweet potatoes
White potatoes
Raspberries
Rhubarb
Strawberries
Turnips

VITAMIN D

Prevents and cures rickets. Assists in calcium and phosphorus assimilation. Builds sound teeth and bones.

Excellent Sources

Cod liver oil
Halibut liver oil
Other fish liver oils
(Sunshine acting on the skin produces vitamin D.)

Good Sources

Egg Yolk
Tuna fish
Salmon
Sardines
Herring

Vitamin D is very rare in ordinary food. For this reason cod liver oil may well supplement the diet of school children.

VITAMIN G

Prevents and cures pellagra. Helps prevent loss of weight and certain skin and eye disorders.

Excellent Sources

Kidney
Liver
Brewer's Yeast

Good Sources

Bananas
Raw cabbage
Wheat germ
Lean beef, mutton, pork
Milk
Spinach
Water Cress
Salmon

Fair Sources

Soy beans
Whole wheat bread
Whole wheat cereals

VITAMIN E

Prevents sterility. Probably aids growth. Aids lactation.

Excellent Sources

Wheat germ
Lettuce
Spinach

Good Sources

Bananas
Beef
Egg yolk
Liver
Kale

Fair Sources

Whole wheat bread
Whole wheat cereals
Soy beans
Peanuts

Form 33.218—8M—10-40

LOS ANGELES CITY SCHOOL DISTRICT
DIVISION OF SERVICE—HEALTH SERVICE SECTION

OUTLINE OF SCHEDULES AND DIETS FOR CHILDREN IN CORRECTIVE CLASSES

Meals of wide variety and large portions giving adequate protein, mineral, vitamin, and energy requirements should be selected. For children who are undernourished, below par, or suffering from allergic conditions the diet should be supervised by the family physician; in cases where this is impossible advice may be obtained from the school physician.

To insure normal weight, the following health rules should be followed:

1. A sufficient amount of food as outlined on the following pages.
2. A properly balanced dietary to include each day, fruit, fresh green vegetables, cereals, meat or eggs, bread and butter, milk, cheese, etc.
3. Proper rest and relaxation: Ten to twelve hours sleep at night, twenty to thirty minutes rest at school when needed, and thirty to sixty minutes at home after school. There should be no talking or reading during rest periods.
4. Fresh air and sunshine: Outdoor play at recess and after school. Sleep at night with with windows open, avoiding direct drafts.
5. Limitation of activity: Over-activity and too hard play uses up too much energy and therefore must be regulated.
6. Proper and regular health habits, including regularity at meals, at toilet, cleanliness, etc.
7. Proper eating habits: Some of every food offered should be eaten. The child can be taught to overcome dislikes for certain foods and to eat everything put on his plate. Food should be eaten slowly and well-chewed. There should be no play just before or after meals. A child should drink at least two glasses of water between meals. Stimulants, such as tea and coffee, should be avoided. Also avoid eating between meals except what is offered in these diets; avoid all sweets and candy except as desserts; and avoid soda water, pop, and other iced drinks.
8. Elimination of all physical defects interfering with child's health, as infected tonsils and adenoids, bad teeth, etc., which prevent him from being "free to gain."
9. Many children benefit from the regular administration of cod liver oil, especially in the months of little sunshine or less outdoor activity.

SUGGESTED TYPICAL DAY'S OUTLINE FOR CHILD IN CORRECTIVE CLASS

1. Get up (7 a.m.). Try to get sleep so that you awake without being called and get right up.

2. Wash, clean teeth, dress, drink glass of water.

3. Breakfast (7:30 to 8). This should comprise four things:
   Fruit
   Cereals with cream or milk and sugar, or eggs, or substitutes.
   Slice of bread or toast, (whole wheat) buttered.
   Milk, or cocoa made with milk.

4. Brush teeth

5. Get to toilet. *Wash hands.*

6. Nutrition class
   Glass of milk (mid-morning)
   Instruction
   Rest lying down

7. Lunch. *Wash hands. Important!*
This may be:

A. Eaten at school cafeteria or at home.
Hot dish.
Sandwiches or bread and butter.
Fruit or vegetable salad or dessert.
Milk.

B. Box lunch brought to school 1 to 2 sandwiches.
Fruit or raw carrot, stalk of celery or a tomato.
Dessert.
Milk.

8. After school (at home) piece of fruit or glass of orange juice and rest lying down for thirty to sixty minutes.

9. Play outdoors at least one hour. Come in at least half hour before supper.

10. Supper. *Wash hands. Important!*
(6 p.m.)
Meat or thick soup.
Two vegetables, one cooked and one raw (besides potatoes).
One starchy food.
Bread and butter.
Milk
Dessert.

11. Bathe at least three times a week; in hot weather daily.

12. Brush teeth at least three times a day.

13. Bed at 8 p.m. for grammar school and 9 p.m. for high school pupils, with windows open.

SELECT FOODS FROM THE FOLLOWING LIST:

BREAKFAST.

1. *Fruit.* Orange or orange juice, banana, stewed prunes, apples, figs, pears, apricots, fresh or stewed. Put cream and sugar on fruits if desired.

2. (a) Cereal. Any cooked cereal, as cream of wheat, oatmeal, farina, wheatena, etc., which should be cooked in milk. These are preferable to ready-to-serve cereal, as corn flakes, shredded wheat, etc., but the latter may be served occasionally for variety. Serve with diluted cream or milk, sugar, and a little butter

or

(b) Egg. One soft boiled, poached, scrambled or omelet, or strip or two of crisp bacon, or occasionally creamed chipped beef, or fish.

3. *Bread.* Preferably whole wheat or graham. May be toasted and buttered and eaten occasionally with jam or jelly or marmalade.

4. *Milk*—or cocoa made with milk.

LUNCH AT CAFETERIA OR AT HOME:

1. *One hot dish*—choice of:
   (a) Thick soup—as vegetable, cream of tomato, asparagus, celery, pea, bean, barley, or rice.
   (b) Stew—as beef, lamb, veal, with vegetables.
   (c) Meat—as slice of roast beef, lamb, veal, hash, meat loaf, chicken, lamb chop.
   (d) Fish—fresh, as salmon, baracuda, etc. Broiled or boiled with a cream sauce.
   (e) Eggs—as omelet, plain or with ham, bacon, etc., or scrambled or boiled.
   (f) Cheese dishes—as macaroni or spaghetti and cheese, etc.
   (g) Vegetables. (See supper for list.)

2. *Salad.* Fruit, potato, stuffed tomato, lettuce and tomato, combination vegetable, fruit, beet, grated carrot, lettuce, spinach, olive, cheese, fruit and cheese, nut and date, Waldorf with mayonnaise dressing (preferably home-made).

3. *Bread and butter.* Plain or as a sandwich (see below).

4. *Glass of milk.*

5. *Dessert.* Fruit, cake, ice cream, pudding, custard, jello, candy (occasionally).

NOTE: Can bring sandwiches, fruit, and dessert from home and buy hot dish and milk at cafeteria.

LUNCH BROUGHT FROM HOME:

1. Sandwishes, 1 or 2. Made with whole wheat bread, real butter, and choice of the following fillers:
   Cheese—as cottage, cream, Neufchatel, American, Swiss.
   Egg—chopped up or grated.
   Meat—as sliced tongue, roast beef, veal, lamb, crisp bacon, chicken, turkey.
   Jelly—jam, marmalade.
   Peanut butter.
   Uncooked vegetables—as lettuce, tomato, carrot, onion, celery.
   Dates, nuts, olives.
   Fish—as salmon, tuna, sardine, mackerel.
   Make palatable combinations and vary.

2. *Raw Vegetables.* Carrots, celery, tomato, lettuce, or fruit, as apple, orange, pear, peaches, etc., also raisins

3. *Dessert.* Cake, cookies, nuts, candy, ice cream.

DINNER:

1. *Soup* (if not for lunch), or meat or fish, or eggs.

2. *Starchy Food.* Potato, rice, spaghetti, macaroni, sweet potatoes, lima or butter beans.

3. *Two Fresh Vegetables,* or canned if not available; artichokes, asparagus, string beans, beets, cabbage, carrots, cauliflower, brussel sprouts, spinach, onions, parsnips, green peas, squash, tomatoes, turnips, etc. The above may be served hot with butter or cold with mayonnaise as salad.

4. *Bread and butter.*

5. *Milk.*

6. *Dessert.* Apple, sago-tapioca, Indian or bread pudding, corn starch, custard, baked apple, gelatine with fruits, prune whip, fruits, etc.